

State of Mississippi

Mississippi Department of Agriculture and Commerce

Agriculture Fact Sheet Sweet Potatoes 2019



- Mississippi ranks #3 in the U.S. in sweet potato production, producing 4.55 million hundredweight annually.
- In 2019, Mississippi harvested 26,000 acres of sweet potatoes on 172 farms.
- The production value of sweet potatoes in 2019 was \$95 million.
- Beauregard is the most popular sweet potato variety in the state based on acres planted, following it the most popular is the Hernandez and Nancy Hall.
- It takes approximately 90 to 120 days to grow a sweet potato.
- Planting takes place in late May and June. Harvesting runs from late August through November.
- Mississippi hosts the National Sweet Potato Festival each November in Vardaman, which is the sweet potato capital of the world.
- Sweet potatoes are an excellent source of vitamin A, vitamin C and vitamin B6. They are also low in sodium.
- **NUTRITION INFORMATION (One medium sweet potato)**

• Calories	130
• Calcium	28.6 mg
• Protein	2.1 g
• Fat	0.4 g
• Carbohydrate	32 g
• Dietary Fiber	3.9 g
• Sodium	17 mg
• Potassium	266 mg

